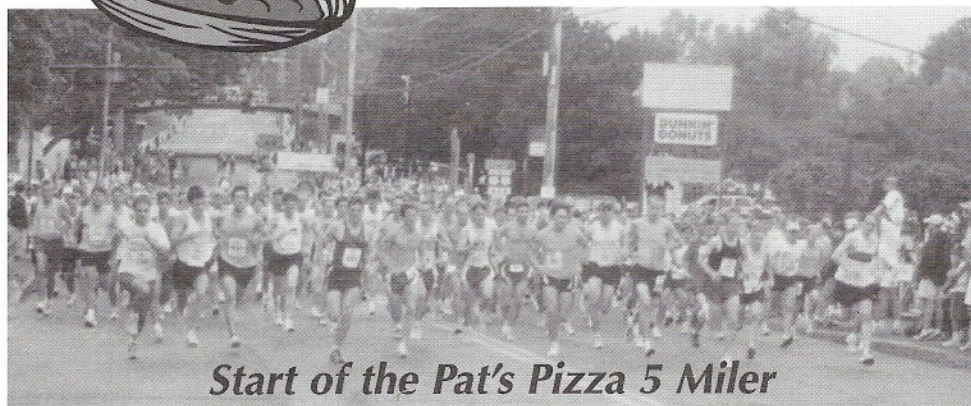


Run with a friend...

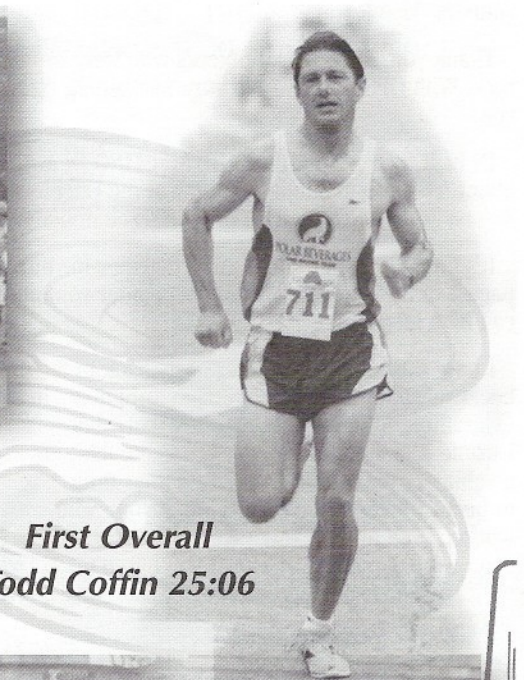
www.mainetrackclub.com

August 2000

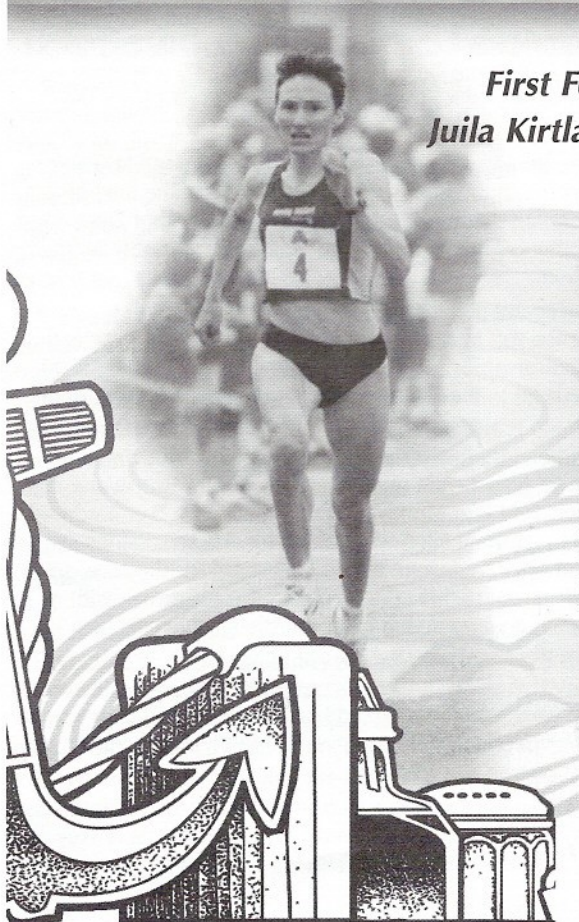
19th Annual Clam Festival Classic



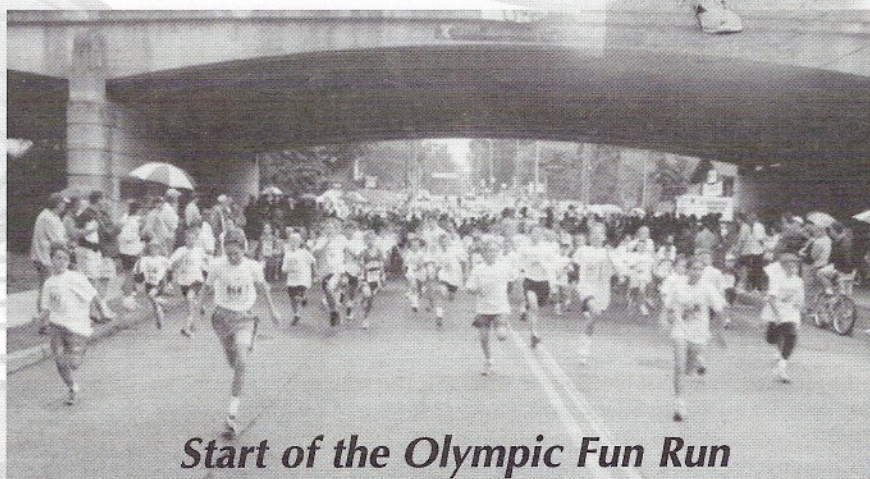
Start of the Pat's Pizza 5 Miler



*First Overall
Todd Coffin 25:06*



*First Female
Juila Kirtland 28:06*



Start of the Olympic Fun Run

Pat's Pizza Clam Festival Classic

Cathy Burnie #23,
MTC of Cumberland



Leslie Couper,
MTC of Falmouth



Pat's Pizza 5 Miler



Chester Matthews,
MTC of Brunswick



Joe O'Donnell,
MTC of Falmouth



The Bowdoin Distance Festival

Beautiful weather, bright and cool, was had for the recent running of the seventh annual Bowdoin Distance Festival. It was, as it always is, an exciting event with three meet records broken. It is one of the few times that we in Maine get to see such a group of Olympic caliber runners perform. Local runners were represented at the Festival by, among others, Christine Snow-Reaser, Marty Shue, Rusty Snow and Olympic hopeful Matt Lane. There was also a healthy contingent of Maine high school runners, but with the exception of Pat Tarpey, their names escape me.

Not counting the races which are very competitive, the Festival has a very congenial atmosphere. Spectators not only fill the grandstand but also ring the track allowing for intimate viewing of races. Watching from trackside, one can see the runner's muscles flex, hear their breathing, and clearly see their expressions throughout their race. Spectators are encouraged to cheer on the runners, particularly if a meet record appears breakable.

Several of the races were particularly exciting. At the start of the bell lap in the women's 3,000, five runners were within touching distance of each other. The winner of the women's 5,000 was the same as last year and was on pace to break the meet record throughout the race. Hometown favorite Matt Lane ran in the men's 3,000. With what appeared to be a pre-race strategy Lane was in or at the front through the first 1,000 meters before dropping back to ninth in the second 1,000 meters. A furious late surge brought him back to the front where he fell a step or two shy of winning the race. The women's 10,000 was also a very exciting race with several lead changes and fast times. It is thrilling to see races such as the men's 5,000 where several of the runners were under 14 minutes.

If you have never attended the Festival it is a fun and exciting event that you may want to consider. It is usually run around the beginning of July. Being that this year is an Olympic year, there were a host of runners from different countries trying to either get qualifying times or to qualify for the Olympics.

Eric Ortman

2000 MTC RACE SCHEDULE

September 1 - Maine Running Hall of Fame 5K, Portland, 6:45 p.m. Contact: Maine Track Club 741-2084.

September 17 - Harvard Pilgrim Women's Fitness 5K, Portland, 9 a.m. Contact: Maine Track Club 741-2084.

October 1 - Sportshoe Center Maine Marathon/Relay/Half Marathon, Portland, 8 a.m. Contact: Maine Track Club 741-2084 or www.mainemarathon.com

October 14 - MTC 50-Miler, and 50K Brunswick, 6:30 a.m. Contact: Al or Sandy Utterstrom 797-4710

November 18 - Turkey Trot 5K, Cape Elizabeth, 9:00 a.m. Contact: Mel Fineberg 774-8868

November 23 - Thanksgiving Day 4-Miler, Portland, 9 a.m. Contact: George Towle 780-5595.



VOLUNTEERS NEEDED

"Please call any of the phone numbers listed above to volunteer for any of these races"

Announcement:

The Boys and Girls Club 5 Miler is looking for a new MTC Race Director for 2001. The Boys and Girls Club 5 Miler is in April on Patriots Day.

This is one of the longest consecutive running races in New England (only Boston beats it.) I think this year was it's 71st running without missing a single year. Right now this race does not have a MTC Director.

UPS Guaranteed Delivery

Looking back on the events leading up to, and the eventual Pat's Pizza Clam Festival Classic 5-Mile Road Race, I learned a valuable lesson, do not taunt your UPS Driver. Prior to July 22nd, Greg the UPS Driver and I had a friendly, professional relationship. He would arrive at my place of employment, drop off the packages and usually find me to sign for them. A couple of months ago I learned he used to run cross-country and still ran a couple times a week. After he completed the Bridgton 4 on the Fourth, he came in "whining" about the hills and the heat. My sympathetic response to him was if he thought Bridgton was tough, the Clam Festival Road Race "would make him cry."

The 5 days prior to the race I was merciless to poor Greg. He would come in for a simple signature and only get one, after a lecture by me describing the course, the usual heat, how badly I was going to beat him and always how it would make him cry. Friday, July 21st I was in rare form. In addition to my usual speech I let him know it wasn't too late to back out, but if indeed he planned to run, I would be waiting for him at the finish with a tissue. Next to my signature on the electronic signature pad I drew two stick figures, one laying down and one standing up, handing the pad back I explained to Greg my "drawing" was the finish and the figure on the ground had a tear in his eye. As Greg was leaving I asked him what he was shooting for if he should finish, I was surprised to hear 35 minutes and let him know that was where I expected to finish, of course in front of him. He politely told me that he has a kick at the end and if we were near each other at the end "you're going to be mine", I replied that when I beat him I would get the brown uniform.

At mile 1 the clock read 7:17, shortly thereafter I spotted Greg wearing gray, for some reason I thought he would be outfitted in brown. I contemplated running around him but instead pulled up beside and asked him "if he was crying yet and in need of a tissue?" As I ran by, he was saying something about feeling fine. My watch read 13:40 at mile 2. Wow I thought, a Sub 6:30, that should sufficiently take care of Mr. UPS. Running well and feeling fine I passed mile 3 slightly under 21 minutes. I was picking up the pace and rationalized previous mile markers may have been miscalculated. Zigzagging through the woods I passed mile 4 at 27:30,

1 mile to go and a sub 35. Exiting the woods and park I took a hard left and glimpsed a gray ghostlike figure about four steps behind, couldn't be Greg I thought. The final left turn before the finish, Greg, the (insert explicative) made his presence known. I couldn't believe it! How? When? Why? In the back of my mind I heard "I have a kick at the end" and "you're going to be mine". Mistakenly I started my kick too early figuring I could outdistance him. We were both flying down Main Street neck and neck, fighting for pride and bragging rights. I ran out of gas before Greg the (insert explicative) did, he finished 4 seconds ahead of me in a 34:14.

He was waiting for me at the end of the chute. He had a big smile on his face. I had the tissue to my eye. We talked for a while after the race, unbeknownst to me he had been right behind me the entire race. Humbled and defeated I congratulated him and surrendered my Clam Festival T-shirt. I didn't get the bragging rights, the brown suit, or even a t-shirt but I did get a new race rival and the newest member of the Maine Track Club. Greg missed out on the Beach to Beacon Road Race registration, too bad, I would have beaten him and he would have cried.

Mike Doyle



RACE RESULTS

The Maine Track Club And Pat's Pizza Present The 19th Annual Clam Festival Classic Five Mile Run

733 Finishers (258 Female & 475 Male)

Scenic, Certified Loop In Yarmouth, Maine

8:00 A.M., Saturday, July 22nd, 2000

Weather Conditions: Brief Showers, 60 Fahrenheit

Top Overall Finishers:

Place/Name	Age	Time	Pace
1 Todd Coffin overall USAT&F	39	25:06	5:01
2 Michael Danahy 1,20-29	21	25:14	5:03
3 Byrne Decker 1,30-39	33	25:36	5:07
4 Michael Payson (MTC) 2,30-39 USATF	37	25:45	5:09
5 Morgan Laidlaw 2,20-29	28	26:05	5:13
15 Julia Kirtland overall USAT&F	35	28:06*	5:37
45 Mya Mangawang 1,20-29	27	30:15*	6:03
55 Gayla Underkoffler (MTC) USAT&F	38	30:43*	6:09
79 Mary Meehan-Bates 2,30-39	34	31:43*	6:21
82 Denise Jewell 3,30-39	34	31:48*	6:22

Other Top Divisional Finishers

9 Matthew Rodrigue 16-19	18	26:59	5:24
24 Eric Johnson 15&under	15	28:57	5:47
25 Jim Toulouse (MTC) 50-59 USAT&F	52	29:00	5:48
99 Ellie Tucker (MTC) 40-49 USAT&F	45	32:16*	6:27
111 Michela Adrian 16-19	19	32:55*	6:35
156 Bob Coughlin (MTC) 60-69	61	34:21	6:52
178 Rachael Blanchard (MTC) 15&under	15	35:03*	7:01
180 Bob Hawkes wheelchair	78	35:06	7:01
234 Lin Gallagher 50-59 USAT&F	51	36:22*	7:16
378 Faye Gagnon 3,50-59 USAT&F	55	39:32*	7:54
440 Polly Kenniston (MTC) 60-69 USATF	55	41:01*	8:12
734 Julius Marzul (MTC) 70&over	74	63:33	12:43

Other Maine Track Club Finishers

11 Aaron Norton 2,16-19	16	27:48	5:34
23 Timothy Clement	39	28:56	5:47
26 David Chamberlain	38	29:09	5:50
37 Michael Musca	42	29:52	5:58
40 Tom Menendez	47	30:01	6:00
46 Ken Norton	47	30:15	6:03
51 John Eldredge	46	30:29	6:06
52 Gerard Conley	46	30:33	6:07
59 Larry Wold	41	30:49	6:10
61 William Sproul	42	30:54	6:11
62 Marlin Conrad	48	30:55	6:11
64 Elliot Conrad	16	31:13	6:15
73 Tom Shorty	38	31:32	6:18
85 Charles Iselborn	43	31:53	6:23
91 Jackson White	20	32:01	6:24
94 Bob Stuart	45	32:10	6:26
102 Carrie McCusker	30	32:26*	6:29
106 Andrew Pfeiffer	17	32:39	6:32
107 Claton Conrad	18	32:42	6:32
112 Ogden Williams	45	32:57	6:35
119 Rich Robinov	40	33:11	6:38

RACE RESULTS (CONTINUED)

120 John Rolfe	46	33:12	6:38
121 Joseph King	36	33:15	6:39
129 Ron Cedrone	51	33:27	6:41
130 Rex Holtan	48	33:27	6:41
135 Stewart Jordan	43	33:47	6:45
139 Dr. Philip Pierce	58	33:51	6:46
144 Brian Cliffe	39	34:00	6:48
146 Sarah MacColl	44	34:01*	6:48
149 Sindee Gozansky	35	34:12*	6:50
154 Michael Doyle	35	34:18	6:52
175 Kimberly Bonsey	38	35:00*	7:00
188 Maureen Sproul	44	35:13*	7:03
189 Ned Ayers	50	35:15	7:03
199 Neil Martin	57	35:32	7:06
206 Colleen Redmond	35	35:40*	7:08
211 Kathy Hepner	40	35:45*	7:09
217 Ed Doughty	51	35:56	7:11
230 Gregg Frame	28	36:17	7:15
254 Terry Clark	56	36:38	7:20
270 Mick McCall	46	36:53	7:23
271 Leslie Couper	32	36:53*	7:23
282 K."Scott" Hinckley	42	37:08	7:26
284 Karen Hoppe	25	37:11*	7:26
286 Douglas Couper	39	37:14	7:27
290 Bill Spirer	19	37:19	7:28
304 Harley Lee	46	37:47	7:33
328 Stacy Huntley	32	38:30*	7:42
342 Roger Fenn	54	38:50	7:46
344 Joan Lee	46	38:51*	7:46
345 Ron Chase	59	38:52	7:46
362 Patti Hinckley	41	39:20*	7:52
373 Lincoln Skelton	11	39:25	7:53
379 Bob Jolicoeur 3,60-69	63	39:33	7:55
385 Chester Matthews	54	39:42	7:56
426 Denny Morrill	60	40:39	8:08
435 Chuck Burnie	46	40:53	8:11
447 Katie Spirer	19	41:14*	8:15
483 Lisa Kelley	35	41:58*	8:24
496 Robert DeWitt	56	42:18	8:28
497 Suzanne Umland	52	42:20*	8:28
501 Kristen Millar	28	42:29*	8:30
508 David Skelton	42	42:37	8:31
519 Cathy Burnie	51	43:07*	8:37
544 John Stevens	57	43:55	8:47
547 Matthew Govan	31	44:00	8:48
553 Alan Pfeiffer	46	44:07	8:49
571 Mike Pugh	61	44:39	8:56
606 Hope Matthews	27	45:50*	9:10
625 Phillips Sargent	54	46:45	9:21
633 Nancy Hewett	53	47:20*	9:28
660 Joe O'Donnell	49	48:51	9:46
695 Alice Mellor	55	51:25*	10:17
720 Maggie Soule	58	54:51*	10:58

Many thanks to MTC Race Committee Chair Bob Aube for complete results!

Jay and Loraine Spenciner Present The 24th Annual Bridgton Four On The Fourth Road Race

1281 Finishers (633 Female & 648 Male)
Challenging, Certified Modified Loop Course in Scenic Bridgton
8:00 A.M., Tuesday, July 4th, 2000
Complete Results Courtesy Of **GRANITE STATE RACE SERVICES**

Top Overall Finishers:

Place/Name	Age	Time	Pace
1 Rusty Snow 1,overall	30	19:54	4:59
2 Dan Verrington 2,overall 1,35-39	38	20:34	5:09
3 Gerry Clapper 3,overall 2,35-39	39	20:50	5:13
4 Scott Brown 4,overall 1,40-44	42	20:53	5:14
5 Kyle Rhoads 5,overall	30	20:57	5:14
6 Evan Honeyfield 6,overall	20	20:59	5:15
7 Barry Logan 7,overall	31	21:22	5:21
8 Mark Mayall 8,overall	28	21:39	5:25
9 T.J. Hesler 9,overall	31	21:42	5:26
10 Adam Boardman 10,overall	21	21:51	5:28
21 Christine Snow-Reaser (Hon.MTC)	34	23:24*	5:51
23 Julie Peterson 2,overall 1,40-44	40	23:33*	5:54
39 Rose Prest-Morrison 3,ov. 1,35-39	37	24:33*	6:09
43 Kelly Rodrigue 4,overall 2,35-39	36	24:40*	6:10
48 Cathy Allen 5,overall	34	24:46*	6:12
58 June Snow 6,overall	30	25:23*	6:21
59 Laurie Gaudreau 7,overall	31	25:24*	6:21
67 Charlotte Lanahan 8,over. 2,40-44	43	25:47*	6:27
70 Mary Meehan-Bates 9,overall	34	25:59*	6:30
79 Kelley Cullenberg 10,over.3,35-39	39	26:15*	6:34

Other Top Divisional Finishers

17 Ryan Kerrigan 14-18	15	22:50	5:43
27 Bill Reilly 50-54	52	23:47	5:57
31 Russell Boisvert (MTC) 45-49	49	24:14	6:04
64 Bill Kelley 55-59	56	25:41	6:26
109 Matthew Lacasse 11-13	13	27:21	6:51
131 Patricia Robinson 45-49	47	27:52*	6:58
138 Alexandra Hall 14-18	16	27:58*	7:00
139 Sally Sundborg 50-54	50	27:59*	7:00
143 Rebecca Hopkins 11-13	11	28:07*	7:02
150 Bob Payne (MTC) 60-64	62	28:13	7:04
266 John Howe (MTC) 65-69	65	30:40	7:40
328 Christine Curtis 60-64	62	32:09*	8:03
413 Carl Berenson 10&under	9	33:42	8:26
529 Maggie Solomon 65-69	66	35:31*	8:53
539 Linda Eldredge 55-59	55	35:40*	8:55
541 John Chandler 70-74	73	35:46	8:57
580 Jenny MacDowell 10&under	9	36:26*	9:07
596 Carlton Mendell (MTC) 75&over	78	36:54	9:14
971 Bobbie MacLean 70-74	70	48:16*	12:04
1145 Helen Mellor 75&over	76	58:50*	14:43
1262 Josephine Fiske 2,75&over	95	77:47*	19:27

Other Maine Track Club Finishers

15 Dave Howard 15,overall	34	22:35	5:39
25 David Chamberlain 3,35-39	38	23:39	5:55
29 Sean Keough	44	23:51	5:58
34 Larry Wold	41	24:21	6:06